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Tuesday, November 3, 2015 metro.us | t: MetroNewYork | f: MetroNewYork

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6:30 p.m.  
November 17



**Lincoln Center**  
New York, N.Y.  
6:30 p.m.  
November 18



**Rose Hill**  
Bronx, N.Y.  
6:30 p.m.  
November 19

## TWO VATICAN ARRESTS

**1** Two members of a commission Pope Francis set up to study reforms have been arrested on suspicion of leaking confidential documents. Spanish Monsignor Lucio Angel Vallejo Balda, No. 2 at the Vatican's Prefecture for Economic Affairs, and Italian laywoman Francesca Chaoqui, a public relations expert, were arrested over the weekend. **REUTERS**



## NTSB CONFIRMS SHIP

**2** The National Transportation Safety Board confirmed on Monday that the wreckage of a large ship found on the ocean bottom off the Bahamas is the lost cargo ship El Faro, which sank with 33 crew members last month. A Navy salvage team has been searching the area for more than a week and will now seek the sunken vessel's voyage data recorder — similar to an airplane's black box — as part of an investigation into its loss, according to the NTSB. **REUTERS**

## NOTRE DAME SEX SUIT

**3** A University of Notre Dame student has sued the school, alleging that a former tutor pressured him into having sex with her daughter and also arranged the sexual encounters. The lawsuit alleges that the tutor provided the student with condoms, hotel rooms and transport across state lines for liaisons with her daughter. **REUTERS**



## PRESIDENT OBAMA IN NEW JERSEY

**7** President Barack Obama greets well-wishers upon arrival at Newark Liberty International Airport in Newark, New Jersey on Monday.

**7 THINGS YOU NEED TO KNOW**

## NAVY ADDS PATROLS

**4** The U.S. Navy plans to conduct patrols within 12 nautical miles of artificial islands in the South China Sea about twice a quarter. "We're going to come down to about twice a quarter or a little more than that," a Navy official said. "That's the right amount to make it regular but not a constant poke in the eye." **REUTERS**



## MUSIC FESTIVAL ARRESTS

**5** Police in Southern California arrested hundreds of people over the weekend at several electronic dance music festivals, authorities said, as scrutiny mounts on the raves due to drug-related deaths in recent years. Police in Pomona, some 30 miles east of Los Angeles, arrested 310 people at the two-day HARD Day of the Dead festival, headlined by popular artists including Deadmau5 and Skrillex. **REUTERS**

## GOOGLE DRONE IN 2017

**6** Google expects to begin delivering packages to customers by unmanned aircraft sometime in 2017, an executive said. "Our goal is to have commercial business up and running in 2017," said David Vos, the project lead for Google's Project Wing. **REUTERS**



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QHP15\_124 NYCPOO459

# Fighting for more prison education

A Harlem-based nonprofit boasts low recidivism rates and high amount of support for previously incarcerated women.



WENDY JOAN BIDDLECOMBE  
Wendy.Biddlecombe@metro.us

Yolanda Johnson-Peterkin and Cheryl Wilkins don't openly share the stories of where they've been.

Both women have spent time in prison, and since their release have gone on to receive master's degrees with the help of College and Community Fellowship (CCF), a Manhattan-based nonprofit that helps previously incarcerated women achieve higher degrees.

CCF, founded in 2000 by Barbara Martinsons, celebrated its 15th anniversary last month. The organization has helped more than 400 women, 227 of whom have gone on to receive college degrees.

Johnson-Peterkin was incarcerated on a drug offense from 1989 to 1990 before CCF was founded. She joined the first group of women that would become CCF in a writing group.

"I didn't tell people in college I had a criminal justice history, and I did it on purpose because I come from a low-economic community and I can certainly speak both languages. I didn't want my professors to say, 'Oh, she's really trying and we're going to help her out.' I didn't want social promotion, I really wanted good grades, and so I worked really hard," Johnson-Peterkin said. "[But] teachers were saying 'the convicts' and stuff, and I'd correct them, saying, 'You never know who may be sitting in this class.'"

Johnson-Peterkin, who works for the New York City Housing Authority, runs a pilot program that



Yolanda Johnson-Peterkin WENDY JOAN BIDDLECOMBE

helps non-violent offenders reapply to live in public housing with their family members.

For Cheryl Wilkins, the associate director of Columbia University's Criminal Justice Initiative, she doesn't immediately share her story with colleagues or program participants because it was "too easy."

"I grew up in the South Bronx, and I learned a lot

home on a Thursday and went to work on a Monday."

The organization claims to have just a 2 percent recidivism rate, compared with the national average 67.8 percent of all prisoners re-arrested within three years of being released, according to the National Institute of Justice.

Jeff Smith, who teaches urban policy at the Milano School for International Affairs at The New School and author of "Mr. Smith Goes to Prison," said Pell Grants for prisoners were defunded after about

20 years of rising crime in the U.S.

"A lot of politicians were saying, 'We gotta crack down on these prisoners.' It was one of those things that made politicians look tough, and the Democrats not look like the 'wimpy party' or soft on crime."

Smith said the hard part about getting politicians to support the Pell Grants again are the recidivism rates.

"Some people who have gone through the program are going to recidivate," Smith said. "The challenge is for people to think broadly about policy and the numbers as opposed to cherry picking examples."

PHOTO BY EVAN SUNG

ICC graduate Bobby Flay, hard at work at his newest restaurant, Gato

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# Arrest made in 2009 UWS strangling case

Manhattan District Attorney Cy Vance has announced an indictment in a 2009 murder case on the Upper West Side.

Police found Shele Covlin, 47, dead in her apartment in the early morning hours of Dec. 31, 2009. The medical examiner ruled her death a homicide the

following April.

Her husband, Roderick Covlin, 42, has been arrested and indicted on two counts of second-degree murder.

"On the final day of 2009, a 47-year-old mother of two was found dead in her apartment," Vance said. "An investigation over the ensuing years has

resulted in her husband being charged with her murder. It is our hope that this prosecution will bring justice for Ms. Danishevsky Covlin, and provide closure to her grieving family and friends."

Roderick Covlin now lives in New Rochelle, according to police and prosecutors.

Jail records show he was arrested on Sunday and is being held at the Manhattan Detention Complex.

Vance's office said that according to the indictment and statements made in court, Covlin killed his estranged wife inside her apartment between Dec. 30 and 31.

The New York Post previously reported that Shele Covlin, a financial adviser, was found dead in her bathtub. She lived in an apartment with her two children across the hall from her husband, and they had an order of protection against him.

Shele Covlin's death was initially thought

an accident, but after approval by a rabbi, her body was exhumed and an autopsy found she had been strangled to death.

The New York Daily News reported that a judge did not grant Roderick Covlin his wife's \$1.6 million insurance policy in 2011.

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## BRIEF



A woman paints a 15 on her face at a minimum wage rally. BESS ADLER

### New Yorkers approve of \$15 minimum wage: poll

A Quinnipiac poll released on Monday found 70 percent of New Yorkers support the recent move to raise the minimum wage for fast food workers to \$15 over the next three years.

The poll found 60 percent of Republicans opposed the raise, but all other groups — Democrats, independents, men, women, whites, blacks and Hispanics — approved of the raise.

The minimum wage for workers in New York state will rise to \$15 by 2021. The raises apply to employees at companies with more than 30 locations nationally.

Manhattan leads the counties with 79 percent of residents polled supporting the increase, followed by 75 percent in the Bronx, 74 percent in Queens, 62 percent in Brooklyn and 60 percent on Staten Island.

The poll — based on 1,155 respondents and with a 2.9-point margin of error — also found 55 percent of New Yorkers think getting rid of tipping is a bad idea.

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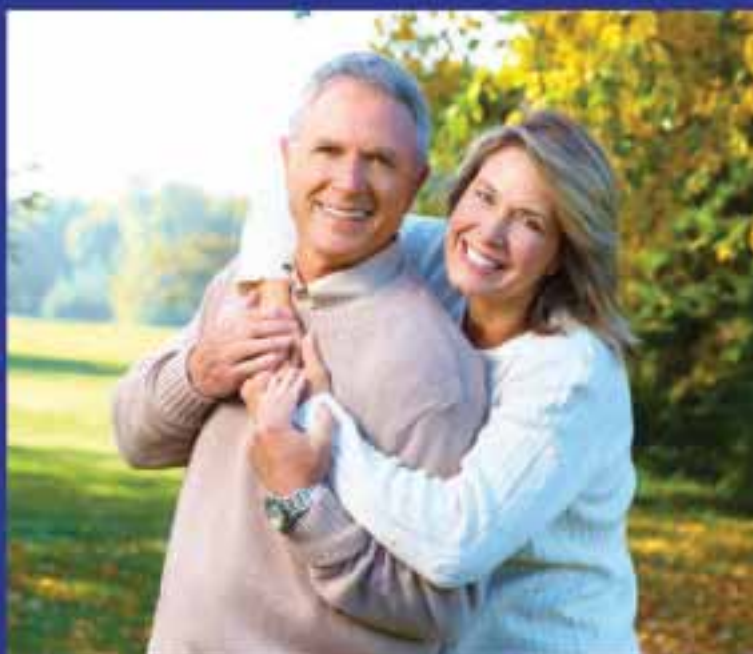
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# City's outer boroughs like maligned Taxi TV: Poll

Quinnipiac poll finds folks outside of Manhattan and Brooklyn enjoy a "pleasant diversion."



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Most riders outside of Brooklyn and Manhattan actually welcome the TVs on taxi backseats, a poll found Monday.

The latest Quinnipiac University poll found that of its 1,155 respondents across the five boroughs, the majority of those who ride taxis in Queens, Bronx and Staten Island said the Taxi TVs are a "pleasant diversion."

Only a clear majority of Manhattanites — 57

percent — described the TVs as an annoyance, along with 46 percent of Brooklynites.

But 60 percent of Bronxites, 55 percent of Queensites and 45 percent of Staten Islanders disagreed.

Overall, barely more respondents said they'd rather keep the screens than not: 45 percent compared to 40 percent opposed.

The poll, conducted between Oct. 22 and 28, came right after the city's Taxi and Limousine Commission announced it would explore phasing out Taxi TV in favor of a more modern system that would hook up with a GPS-based meter.

The TLC's pilot program is expected to run at least a year, with the earliest phase out of Taxi



The TVs in the back of yellow taxis are sometimes called annoying, but a recent poll has suggested that many New Yorkers like them. GETTY IMAGES

TV possible by 2017 — if the pilot succeeds.

Meanwhile, polled New Yorkers are equally split over the app-based Uber. Poised as

the modern-day rival to the yellow cab industry, only 21 percent of those New Yorkers asked said they've used Uber.

A majority of respon-

dents, 41 percent, said they turn to traditional car services over either Uber or cabs.

Half of respondents said limiting the number of Uber cars to reduce street congestion — as recently proposed by Mayor Bill de Blasio and dashed soon after on the heels of an agreement between the city and the startup — would not work.

Some 58 percent of respondents also said any limits on Uber by elected officials is a result of pressure tied to donations from the yellow cab industry, an accusation lobbed at de Blasio and echoing similar results from August polling.

The latest poll had a margin of error of 2.9 points.

## BRIEF

### Police seek info on Brooklyn man found shot in car

Police are asking for the public's help in finding out where a 46-year-old Brooklyn man was shot over the weekend.

Fitzgerald McBride was found at 5:22 a.m. on Sunday in his Chevy Silverado in front of Interfaith Hospital. He was pronounced dead at the hospital a short time later.

The NYPD is looking for information on where McBride was shot.

Anyone with information is asked to call Crime Stoppers at 800-577-TIPS. METRO



McBride PROVIDED

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# Cuba signs deal with Sprint, says it is open for more business

In a historic breakthrough Dec. 17, the U.S. and Cuba vowed to normalize relations, although the U.S. trade embargo on Cuba remains in place.

Cuba signed a roaming agreement with U.S. telecom Sprint Corp. during its first annual trade fair since rapprochement with the United States and told 600 companies from 70 countries at that it was eager for more business.

The Havana International Fair (FIHAV) promotes Cuba's changing business climate and seeks badly needed foreign investment. Last



Sprint GETTY IMAGES

year's event championed a new tax-cutting foreign investment law, while this year's boasted of improved ties with the United States.

Cuba's critics denounce the fair as hype, noting that all business deals must go through the communist government or one of its tightly controlled state companies.

Cuba acknowledged the central role of the state but also plugged its growing private sector, mostly farm cooperatives and small businesses so far.

"We are continuing to create the conditions for separating state and business functions and to improve the role that should be played by socialist state enterprises ... guaranteeing more flexible functioning," Foreign Trade Minister Rodrigo Malmierca told the opening ceremony.

Sprint, one of about 30 U.S. companies attending, has taken advantage of the limited commercial opening afforded by U.S. President Barack Obama, who has chipped away at the embargo and created a telecommunications exemption. **REUTERS**

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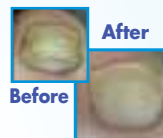
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## BRIEF

### FCC, Justice Department investigate covert Chinese radio network

The Federal Communications Commission and the Justice Department are investigating a California firm whose U.S. radio broadcasts are backed by a subsidiary of the Chinese government, officials said.

Both investigations came in response to a Reuters report published Monday that revealed the existence of the covert radio network, which broadcasts in more than a dozen American cities, including Washington, Philadelphia, Boston, Houston and San Francisco.

"Based on reports, the FCC will initiate an inquiry into the facts surrounding the foreign ownership issues raised in the stories, including whether the Commission's statutory foreign ownership rules have been violated," FCC spokesman Neil Grace said.

The California firm is owned by James Su, a naturalized U.S. citizen born in Shanghai. Reuters reported Monday that Su's company, G&E Studio Inc., is 60 percent owned by a subsidiary of Chinese state-run radio broadcaster China Radio International (CRI).

The FCC doesn't restrict content on U.S. radio stations, except for rules covering inde-

cency, political advertising and children's programming.

But under U.S. law, the FCC prohibits foreign governments or their representatives from holding a radio license for a

U.S. broadcast station. Foreign individuals, governments and corporations are permitted to

hold up to 20 percent ownership directly in a station and up to 25 percent in the U.S. parent corporation of a station.

G&E does not own any U.S. stations, but it leases two 50,000-watt stations: WCRW in Washington for more than \$720,000 a year, and WNWR in Philadelphia for more than \$600,000 a year.

Through a different set of limited liability companies, Su owns, co-owns or leases virtually all the air time on at least a dozen other U.S. stations. Those stations carry G&E content, which is produced largely by his West Covina, California studios or by state-run CRI in Beijing.

The news programming on these CRI-backed stations sticks closely to the Chinese government line on a host of issues, including the current military standoff in the South China Sea between China and the United States. **REUTERS**



# Bush relaunches campaign with e-book and tour

Bush's bid for a comeback began in Tampa, Florida, with a speech marking the start of a "Jeb Can Fix It" tour.

Republican Jeb Bush launched a campaign reboot on Monday after weeks of negative headlines to present himself as a can-do conservative who will fight what he called a "new age of cynicism" that has seeped into the 2016 presidential race.

His dismal performance at a Republican presidential candidates' debate last week in Colorado was an added burden to a candidate once considered the favorite for the Republican nomination. Now, Bush suffers drooping opinion poll numbers and fundraising.

In his speech, Bush attempted to resurrect his image as a joyful warrior, presenting himself as a positive force who implemented conservative policies as the two-term governor of Florida from 1999-2007.



Jeb Bush GETTY IMAGES

"I will do everything in my power to win this race," he said. "But there are some things I am not willing to do: I will not compromise my principles. I will not trade in an optimistic outlook to put on the cloak of an angry agitator."

Without mentioning by name the two Republican front-runners, non-politicians Donald

Trump and Ben Carson, Bush sought to raise doubts about entrusting the reins of government to "someone who has never demonstrated the capacity to implement conservative ideas."

Bush also released an e-book that reveals a more personal side to a candidate who has struggled on the public stage.

REUTERS

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# Pentagon spends \$43 million to build Afghan gas station: Watchdog

The gas station in Sheberghan, Afghanistan, opened in 2012 and was created to show that compressed natural gas could be used in Afghanistan in cars.

The U.S. Department of Defense spent nearly \$43 million on a gas station in northern Afghanistan and has been unable to explain why it cost so much, a U.S. special inspector reported on Monday.

The Pentagon "charged the American taxpayers \$43 million for

what is likely to be the world's most expensive gas station," said John Sopko, head of the Special Inspector General for Afghanistan Reconstruction (SIGAR), a congressionally mandated body. The amount was spent between 2011 and 2014 on construction and initial implementation of the station.

The gas station in Sheberghan, Afghanistan opened in 2012 and was created to show that compressed natural gas could be used in Afghanistan in cars effectively.

However, the task force behind the project closed operations in March. For that reason, according to the report, the Department of Defense said it did not possess "the personnel expertise to address these questions."

"Frankly, I find it



The Pentagon GETTY IMAGES

both shocking and incredible that [the Defense Department] asserts that it no longer has any knowledge," the report said. It added that the task force reported directly to the Office of the Secretary of Defense and was an \$800 million program.

The report found that a compressed natural gas filling station in neighboring Pakistan costs no more than \$500,000 to construct.

That would make the

gas station in Afghanistan more than 140 times more expensive.

A Defense Department spokesman said the Pentagon continues to provide access to documents to SIGAR through a reading room.

"Further, we have offered to assist SIGAR in locating and contacting any former TFBSO [Task Force for Business and Stability Operations] personnel they wish to interview," said Army Lieutenant Colonel Joe Sowers.

Nearly \$110 billion have been appropriated in Washington for reconstruction in Afghanistan since 2002, when U.S. forces drove the Taliban from power for harboring militants from al Qaeda, which carried out the Sept. 11, 2001, attacks.

REUTERS

## BRIEF

### Ohio voters weigh legalizing recreational marijuana use

Ohio voters will decide Tuesday on whether to become the first Midwestern state to legalize the recreational use of marijuana, though a rival ballot measure could kill the law before it takes effect.

Issue 3 would add an amendment to the state constitution legalizing both personal

and medical use of marijuana for those over 21 years old.

The ballot initiative was the result of a campaign that gathered more than 300,000 valid voter signatures from around the state.

If it passes, Ohio would become the fifth and largest state to legalize the recreational usage of marijuana, following Alaska, Colorado, Washington

and Oregon, as well as the District of Columbia.

Ohio is considered a political bellwether — the candidate who wins Ohio usually wins the presidency. So a win for recreational marijuana in Ohio is expected to change the national conversation on legalization, according to Gary Daniels of the Ohio American Civil Liberties Union. REUTERS

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TV-14 (a)



# Flight recorders show crashed Russian plane not struck from outside



The crash site of a Russian airliner in Suez, Egypt. GETTY IMAGES

The Russian plane that crashed in Egypt was not struck from the outside and the pilot did not make a distress call before it disappeared from radar, a source in the committee analyzing the flight recorders said on Monday.

The source declined to give more details, but based his comments on the preliminary examination of the black boxes recovered from the Airbus A321. The plane crashed in the Sinai Peninsula on Saturday, killing all 224 people on board.

The Egyptian government said the black boxes were being examined by Egyptian and Russian experts,

along with German and French specialists from Airbus and from Ireland, where the aircraft was registered. It said the search was continuing across the crash site. Security sources said intelligence agencies had obtained a copy of the passenger list.

Russian officials have said the plane, carrying vacationers from the Red Sea resort of Sharm el-Sheikh to St. Petersburg, likely broke up in mid-air, but said it was too early to say what caused the crash.

The first bodies recovered from the wreckage arrived on board a Russian government plane at St. Petersburg's Pulkovo Airport, where

grieving Russians left piles of flowers.

A Reuters photographer saw a white truck leaving the airport, escorted by police cars, heading for a St. Petersburg morgue, where the bodies were to be identified. Egypt said the plane was carrying 196 bodies. A second plane was due to leave Cairo on Monday evening.

Russian President Vladimir Putin, who had declared Sunday a day of mourning, said on Monday the crash was a great tragedy.

When asked if a terrorist attack could be to blame, Putin's spokesman Dmitry Peskov said no theory could yet be ruled out. REUTERS

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## Gwen Stefani and Blake Shelton were totally holding hands



ALL PHOTOS GETTY IMAGES

Freshly divorced "The Voice" judges Gwen Stefani and Blake Shelton continue to stoke rumors of interoffice romance, this time by spending some quality time together at a pair of festive Halloween bashes thrown by Jared Leto and George Clooney's tequila company — yes, you read that cor-

rectly — in Beverly Hills. "Stefani stayed for about 40 minutes [at the Clooney party], then left the house holding Shelton's hand," a source tells "Entertainment Tonight." "Shelton and Stefani apparently let go of each other's grasp, however, when they noticed a photographer in sight." Smooth move, guys. As

far as costumes, maybe we can read something into the fact that Stefani dressed as a bloodied-up cowgirl — because of a new country music influence, perhaps? — while Shelton donned a poncho, a long beard and a trucker hat. I can only assume he was dressed up as ... Blake Shelton.

## Amy Schumer has the best love-life update

Amy Schumer is not just a successful comedian, actress and author. She's also an incredibly helpful information source, especially when it comes to her love life. While celebrating winning the Charlie Chaplin Britannia Award for Excellence in Comedy from BAFTA, Schumer was asked if she's currently seeing anyone, and she

responded thusly: "No, my vagina remains vacant." So poetic, so straightforward. So ... evocative. And how much would it take to get into said destination for a willing suitor? "At least \$5."

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# Scoot McNairy likes mistakes

The "Our Brand Is Crisis" actor says Sandra Bullock and David Gordon Green are great leaders.



MATT PRIGGE  
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Since breaking through in indies like "In Search of a Midnight Kiss" and "Monsters," Scoot McNairy has established himself as one of movies' go-to character actors. In addition to his stint on "Halt and Catch Fire," he regularly steals scenes in "Killing Them Softly," "Argo," "12 Years a Slave," and "Gone Girl," among others. He does the same in David Gordon Green's "Our Brand Is Crisis," a political satire about Jane (Sandra Bullock), a campaign consultant leading a team that includes McNairy's former ad guy to help save the re-election campaign of a



In "Our Brand Is Crisis," Scoot McNairy (with Sandra Bullock and Ann Dowd) plays an ad guy who finds himself working a political campaign in Bolivia. WARNER BROS. PICTURES

hated Bolivian president (Joaquim de Almeida). But McNairy argues the film could take place in any industry, despite what it says about Ugly Americanism abroad.

**You live in Texas, as does director David Gordon Green. Had you two met before?**

When I moved to Texas, I knew David lived there. I emailed him out of the blue to say, "Hey, my name is Scoot McNairy,

I'm an actor. I'm a huge fan of your movies. I'd really love to work with you. I don't know if you know who I am." He emailed me back two days later: "I know exactly who you are! Absolutely I'd love to work with you!" Two years later, we're working on this.

**His smaller indies have this very handmade quality to them. Do you sense he has to change much when working on a**

**studio film?**

Kind of. You come in there and find the shape of the scene. You play around with it. You keep doing the same thing and take it in some random direction. You think it's just an exercise, but then so much winds up in the movie. He likes to explore the oddities of these scenes, find out how weird they can be. What David likes more than anything is when actors make mistakes.

He creates an environment where we can make mistakes.

**David described your character as the most arrogant character in the movie. He has this exasperated, whiny quality, like he's a fish very unhappy about being out of water.**

He is a fish out of water. He's an ad guy. He's really there to set up the commercials and take care of the billboards. But it's his first time on a political campaign. In his mind, he thinks it's the exact same game, that it's just a different product he's selling. But he cannot keep up with Jane. He's very tone-deaf to what's going on around him.

## On politics

**How much did you view this as a political film? Like "Veep," this is also very much about workaholics.**

Politics can certainly be funny. Donald Trump has been incredibly entertaining. But with this film, I think politics is really the backdrop. I felt going into this that I was doing a political movie, but through shooting it and all the conversations we had, it now feels like it could have been set in any industry. It's less about politics and more about people and what it's like to win and what it's like to go after something, regardless of the outcome.



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# How hard is it



Calvin Harris was the highest paid DJ of last year, making \$66 million. GETTY IMAGES

We reveal what it takes, plus how much you can make working the NYC DJ circuit.



EMILY LAURENCE  
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emily.laurence@metro.us

Tiesto, David Guetta and Calvin Harris make between \$350,000 and \$400,000 per gig. Some say it takes hard work and mastering complicated machinery to reach that level. Others point to photos of celebrities like Joe Jonas

DJing popular clubs and claim all it takes is pressing play on a laptop and fiddling with the volume. So, how hard is it?

"A DJ is someone who plays other people's music, so even making a playlist is DJing," says David Maurice, co-founder of the newly opened DJ school, The Foxgrove. Students there learn things like how to create mashups, speed up and slow down songs, and add drumbeats using a computer and Serato controller.

"There's a myth that you have to be a professional musician to make music for yourself. You absolutely don't. What Instagram has done for photography, [modern equipment] has done for DJing," Maurice says.

While the number of female DJs playing big music festivals is only at 13 percent, according to Vice, more female DJs are in the amateur space.

DJ Krunk Pony, real name Tiffany Pilgrim, who is 31, has been DJing in NYC for 14 years and agrees it's no

longer a boy's game. "At a lot of places I DJ now, I'm the only person who isn't a model first and a DJ second," she says. "I totally respect their game. They still have to be dependable and entertain people." Maurice says women make up most of his current DJ classes, about a 60 to 40 split. "DJing used to be pretty technical, which maybe isn't as appealing to girls as it is guys," he says. "They maybe didn't want to lug heavy equipment and records around."

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# to be a DJ?



A look at the newly opened DJ school, The Foxgrove, located at 43 W. 29th St. PROVIDED



DJ Krunk Pony PROVIDED

Investing in the equipment can be pricey. Being a paid DJ typically requires a laptop, software (starting at \$99) and a controller (about \$250). But sticking with it could pay off. For those so in love with getting the party started, there is a career to be made from spinning. "A lot of bars pay DJs 10 percent of what they make and once you break a barrier, say \$3,000, you make 15 percent," says Pony, who actually charges by the hour, between \$50 and \$75. But the

amount can vary and some popular NYC clubs pay between \$500 and \$1,000 a night.

Maurice says the only thing that separates professional DJs that make the big bucks from amateurs is popularity.

"You used to have to be pretty hands-on with vinyl and turntables. Today DJing software does the work for you. You can pretty much figure it out yourself," he says.

You can preprogram a lot of these things that you would have to do on the fly back in the day."

Ultimately, Pony says it all comes down to passion. "If you want to be a DJ, there are a lot of different outlets and you'll find a way... [When I first started], I loved the music and how I felt DJing so much that I knew it was what I wanted and [that feeling] drove me to pursue it."

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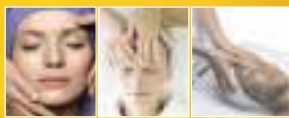
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# Jojo: 'I get what my older songs are about now'

The pop singer opens up about her relationship woes, record label drama and starting a new chapter in her music career.



EMILY LAURENCE  
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Many people still think of Jojo as the tween from her "Too Little Too Late" days, but the pop singer is back and getting attention from both her old fans and new ones.

After a seven-year battle with her former label, which would not release her third album, Jojo has a new deal with Atlantic Records, three new songs and a new full album in the works. "I try not to think of it as being burned, but as just part of my journey," she says of the industry drama. "It gave me an edge and ability to be equipped this time around."

## On ex-boyfriends

Jojo tells us she was going through a breakup when she started working on the new songs. "I was in a state of high emotion when I started recording," she says. Her music has always been influenced by her love life, which she admits isn't always a good thing.

"Sometimes I stay in



## Jojo in concert

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"I was wicked surprised!" Jojo says of all the attention her "When Love Hurts" music video received. PROVIDED

situations longer for material and for the emotions they bring up," the 24-year-old says.

"As I get older, I realize that's not really good. I need to chill. But the content it creates is sometimes worth the struggle."

## Going viral

In just three weeks, the "When Love Hurts" music video, her current single, racked up well over a million views, and Jojo says she was shocked by all the attention.

"I was wicked surprised! I was scared and wasn't sure what the response was going to be, but it's an incredible feeling knowing when I go [on tour] I'll see so many familiar and new faces."

Jojo's excited about the new songs, but she doesn't mind taking a trip down memory lane. "I actually enjoy performing [them] more now," she says.

"I didn't love 'Leave

(Get Out)' when I put it out and now that I'm older and I've loved, it has a new meaning for me. I've definitely kicked somebody out of my house, so I get it now."

## How to get Jojo's killer abs

Jojo rocks a crop top in the "When Love Hurts" music video and it's easy to see why — she's in sick shape. Here she shares her three best workout tips.

**1. Vary your workout.** "I have fun trying out different workouts. I do CrossFit and belong to a gym, where I do cardio intervals."

**2. Incorporate weights.** "Hold-



YOUTUBE/JOJO

ing a weighted bar or weighted plate is good for deepening cuts. I feel strong when my core is strong."

**3. Try active resistance training.** "I like working against my natural weight to tone."

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# Seven minutes in heaven with The Fat Jew

We sit down with the Instagram star to talk about the debut of his book, favorite NYC strip clubs and more.



**MATT LEE**  
@MetroBOS  
matthew.lee@metro.us

"I want to die in an arcade," Josh "The Fat Jew" Ostrovsky — who has over 6 million followers on Instagram — confesses while sitting in a nightmarish Chinatown video game arcade den with his left forearm plugged into an IV of what the nurse in attendance says is pure vitamin C.

His publicist claims it's to help fight a cold, but The Fat Jew says he's dying. I ask him if he's trying to be the center of a Lifetime movie, "The Fat Jew: Death in an Arcade."

"Totally! Who would play me?" His publicist suggests Diane Lane and The Fat Jew's eyes widen with excitement. "Diane Lane!" he exclaims.

The Fat Jew will probably have to put the Lifetime movie on the back burner, because he's currently thinking way more about his new book, "Money Pizza Respect" (out today).

The book is a mixed bag of autobiographical

## Connecting emotionally with strippers

Asked what his real-life chill zones are, The Fat Jew chuckles. "I like to go to Rick's Cabaret, this strip club, in the middle of the day. They do a great Caesar [salad]. I can kick back and relax. It's not too high octane. The dancers aren't giving it their all. They're very much like, 'Uh, I'm on the day shift.' ... I don't even like lap dances. I would rather sit with a bunch of strippers and talk with them like, 'Are you still going to dental school?' I just love chatting with strippers about their hopes and dreams."

Read our extended NSFw interview at [Metro.us](http://Metro.us)



"Money Pizza Respect" is out today. GUERIN BLASK

stories, some Kanye West and Kim Kardashian erotica, and recipes for things like a Xanax smoothie. According to The Fat Jew, the book has shuttled him to the same level as James Joyce and John Steinbeck.

"Money Pizza Respect" is a wild ride punctuated with chapters The Fat Jew called "chill zones" be-

cause, according to him, "reading can sometimes be too much."

"It's a lot. You need to break it up. You gotta chill," The Fat Jew explains. "You read a bunch and then you get rewarded by like coloring a picture of Tyrese [Gibson] or a recipe for a Xanax smoothie. I want to make this a party."

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## metro.us/horoscopes



**Aries** If you manage your time carefully, a setback won't tax your progress. You will have a false impression of someone who could help you out.



**Taurus** Resolve a misunderstanding before agreeing to a partnership. Don't listen to rumors. It's essential that you realize what is expected of you.



**Gemini** Let others see your affectionate side. Your family may be feeling unappreciated if you haven't been sharing your thoughts or time.



**Cancer** A new relationship will be an eye opener. A change of scenery will be refreshing. Making vacation plans now will give you a strong incentive to save.



**Leo** Attention to detail will be necessary before you make a change in direction. Avoid taking on too many tasks at the same time.



**Virgo** Volunteer work will be satisfying and appreciated. Strangers will become friends and personal relationships will be strengthened if you share concerns.



**Libra** Your desire for residential updates will add to your stress if you are not prudent. Keep tabs on contractors and renovating or remodeling costs.



**Scorpio** Don't do anything until you have weighed the consequences. Reveal just enough information to entice without giving away your game plan.



**Sagittarius** Don't be limited by the perceptions of others. Look into unorthodox ways of marketing your skills and ideas. Joint ventures look promising.



**Capricorn** It's OK to rely on others, but the ultimate result must be of your own doing if you are to receive the recognition you desire.



**Aquarius** Don't rely on secondhand information. Do some investigative work on your own if you want to know the whole story.



**Pisces** Keep an eye on your cash. Disregard for saving will cause a serious depletion in your financial future.

EUGENIA LAST

## Across

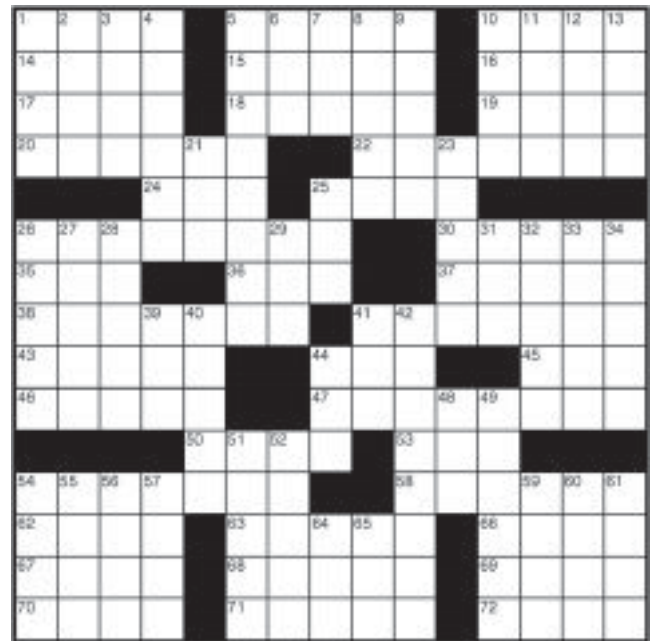
- 1 Young kangaroo  
5 Lower jaws  
10 Food  
14 Linchpin locale  
15 Just right  
16 Drone's home  
17 Belly dancer's "must"  
18 Flat broke  
19 Luau strummers  
20 Not digital  
22 Sulfur or iron  
24 Yoko —  
25 Novelist — Seton  
26 Enjoying the mall  
30 Involuntary jump  
35 Gotcha!  
36 Neptune's realm  
37 Kind of beaver  
38 Halloween need  
41 Sweet wine  
43 Pizza topping  
44 Unit of work  
45 Produce an egg  
46 Twig-and-mud homes  
47 Bleaches  
50 Of an epoch  
53 Narrow inlet  
54 Toughed it out  
58 Babylonian love goddess  
62 So-so grades  
63 Estimate  
66 Kansas town  
67 Long-handled tool

- 68 Happy occasion, for short  
69 "Little piggies"  
70 All-purpose vehicles  
71 Find quarters  
72 Rainfall measure

## Down

- 1 Diner coffee  
2 Draft animals  
3 Director — Kazan  
4 Cheerful color  
5 Extreme flag-waving  
6 Poetic tribute  
7 Microscopic  
8 Weighed down  
9 Furtively  
10 Good friend  
11 Walk  
12 Type of mitt  
13 It once was wild  
21 Switch positions  
23 Cut some slack  
25 Ottoman official  
26 Part of BLT  
27 Geneva's river  
28 Caravan halt  
29 Born as  
31 — kwon do  
32 Lithe

## metro.us/crossword



- 33 Played again  
34 Room-service servers  
39 Jigger  
40 Auto-racing family  
41 Hi-tech scan  
42 Hurt someone's feelings

- 44 Pipe bend  
48 Not hers  
49 Gauguin's island  
51 Queenly  
52 Bell town of fiction  
54 Neutral color  
55 Orderly

- 56 Hockey feint  
57 Depletes  
59 Cel character  
60 Guinness or Baldwin  
61 Headstrong  
64 Berlin conjunction  
65 Club stint

For crossword answers, go to [metro.us/crossword-answers](http://metro.us/crossword-answers)metro.us  
/games

## metro.us/sudoku

easy

hard

8							1	5
6	9		1		3			2
2			7			8		
			4	7				
	7		9		8		4	
				3	5			
		8			2			4
5			8		6		3	1
4	1							6

3	9				1			
		7	8	4		2		
		4	3	6		9		7
		1				6		
7							1	
	5					3		
1	2		3	8	6			
		9		7	4	1		
			1				8	9

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# Find your fall fitness inspiration

Get motivated with #fitspiration from Instagram's healthy stars.

ELODIE NOËL



AMANDABISK, INSTAGRAM

## Instagram: @amandabisk

### I am...

I spent most of my life as a professional sports person until 2011 when I was diagnosed with chronic fatigue syndrome.

### I am on Instagram because...

I wanted to document my journey [dealing with] chronic fatigue. It was a space where I could share what I was learning and what really helped me.

### My motto is...

"Everyday is your chance to do something great for yourself and those around you."

## Instagram: @catmeffan

### I am...

Cat Meffan, a U.K. health and fitness blogger and jewelry designer. As an ex-gymnast and dancer, I have found a new passion for yoga and all things bendy.

### I am on Instagram because...

In the beginning, I used Instagram as a way of motivating myself to eat well, try new workouts and as an excuse to buy new activewear. From that, it has evolved into what I hope is a page to inspire and motivate others through doing the things I love most.

### Follow me for...

Fitness, yoga and health inspiration, with hopefully a few laughs along the way. I am very real with my followers, talking about times when I feel unmotivated, my injuries and some fitness fails! I like to chat about progress and how health and fitness is a journey that constantly changes along with our mind-sets.

### My motto is...

"You can't rush something you want to last forever." After being the girl who tried every new fad diet and fitness craze out there, I realized there was so much more to it than that. For me, being fit and healthy is a lifestyle, and one that I enjoy every second of.



CATMEFFAN, INSTAGRAM



ISTOCK

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## Instagram: @TheBodyCoach

### I am...

That curly-haired guy shouting about midget trees [broccoli].

### I am on Instagram because...

It's just a great platform to share ideas. I wanted to create a space that made it easy for people to be healthy, to eat right and to realize the body they want is achievable.

### Follow me for...

Fun advice that puts some creativity and pleasure back into your diet and fitness plan. I get a lot of people asking me why they aren't losing weight, and I think it is really sad that we have been conditioned to under-eat, especially when trying shape up. That's something I want to educate people about — you can't train hard without the right fuel inside you.

### My motto is...

"Prep like a boss!" If you are really serious about getting lean, preparation is key. You've got to set aside time to plan and prep the food you'll eat over the next few days.



THEBODYCOACH, INSTAGRAM

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# The gourd that does good

Why you should make pumpkin part of your holiday table.



These late fall days are brightened by pumpkin treats like lattes and pies. The naturally sweet gourd is hearty, too, making it versatile enough for savory dishes and desserts — and as nutritionist Libby Limon tells us, there are plenty of reasons to load up even after Halloween.

**Lose weight:** Pumpkin is a great source of fiber, with 3 grams per half cup. "Fiber makes you feel fuller for longer, helping control appetite, plus it helps bowel function and motility," says the expert. As a prebiotic, pumpkin also contributes to a healthy microbiome.

**Clearer skin:** The orange color of pumpkins comes

View this recipe  
at [metro.us](http://metro.us)



Pumpkin is the seasonal treat that loves you back. "EAT CLEAN, STAY LEAN"

from lots of beta-carotene, which is good for your eyes — but its benefits don't end there. "High levels of beta-carotene have also been found to help protect those with fair skin against sunburn. It is the precursor for vitamin A, which is needed for healthy skin, especially healing in conditions such as acne, eczema and psoriasis and cold sores," Limon adds. A diet rich in beta-carotenes has been

shown to be protective against many cancers, especially lung cancer.

**Better sleep:** Pumpkin seeds are a great source of tryptophan, an amino acid that functions as the precursor to both serotonin and melatonin. "Serotonin is your 'feel-good' neurotransmitter needed for good mood, and melatonin is your sleep hormone," the nutritionist adds.

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# Locked and loaded for 2016, beyond

The Mets don't need to do much tinkering to again be a contender.

ROBERT CRISCOLA  
@ItsGood2BeKing  
sports@metro.us

The 2015 Mets weren't supposed to get *that* far. They were playing with house money in the World Series. But even taking that into account, it was still mighty painful for Mets backers to see their team come up short on the big stage.

David Wright, the Mets' captain, is well aware of the conflicting feelings within himself and in the hearts of the fans.

"You go from the disappointment and how much it stings to — it was a pretty good damn year," Wright told reporters after Game 5. "We just fell a little short in the World Series. [But only] two teams played a game [Sunday], and we were one of them. That is something that we should be proud about."



Noah Syndergaard and the rest of the Mets' young, talented staff will be back in 2016. GETTY IMAGES

Now that the 2015 season is over, the Mets must focus on trying to get back to the World Series in 2016. The Royals showed it can be done, as they came up just one

run short to the Giants in Game 7 of the 2014 World Series.

The Mets' most important pending free agents are Daniel Murphy and Yoenis Cespedes. Though

they both struggled in the World Series at the plate and on the field, their overall production in the regular season combined with their NLDS and NLCS play made them very valu-

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able assets. Both Murphy and Cespedes have expressed interest in returning, but the high prices they'll command in the open market could prevent the Mets from both or even just one of them.

Should they both leave, the Mets would have to count on Curtis Granderson, Juan Lagares, and Michael Conforto in the outfield, and Dilson Herrera would have to step up to replace Murphy. The Mets will also have to decide whether or not to keep utility guys Juan Uribe and Kelly Johnson, both of whom will be unrestricted free agents and are on the wrong side of 30.

The great news is that the Mets have a starting pitching staff that

will always keep them afloat. Matt Harvey, Jacob deGrom, Noah Syndergaard and Steven Matz will be the Big 4 going into 2016, with Zack Wheeler set to return from Tommy John surgery in the middle of the season. Jon Niese, Logan Verrett, and Rafael Montero should be there to hold down the fort at the bottom of the rotation. Bartolo Colon will be 43 next season, and though he says he might want to pitch next year, it's unlikely he'll be re-signed by the Mets with the glut of pitching they have.

The bullpen will need to be patched up a bit; Jeurys Familia will return, as will Addison Reed, Hansel Robles, Sean Gilmartin and Carlos Torres. Josh Edgin, the Mets' left-handed specialist in 2014, is set to come back in 2016 after Tommy John surgery knocked him out this season. But Tyler Clippard, Bobby Parnell, Eric O'Flaherty and Jerry Blevins are all pending free agents.

## NBA power rankings | by James Toscano

No. 1

**Warriors**  
(3-0)



OK, so there appears to be no Finals hangover for Stephen Curry. The Warriors superstar shooter looks like he's just throwing a ball into the ocean so far. He's averaging a staggering 39.3 points per game through three games, including a 53-point performance on Halloween.



No. 4

**Clippers**  
(3-0)



There's no questioning the Clippers are one of the deepest teams in the NBA this season. DeAndre Jordan returned and they added Paul Pierce, Lance Stephenson, and Josh Smith. Doc Rivers is going to have his hands full with the personalities in that locker room — but he's the man for the job.

No. 6

**Raptors**  
(3-0)



"We the North" is the Toronto Raptors' slogan, and they're starting the year north in the standings. Signing DeMarre Carroll was huge. But the word is Amir Johnson was the heart and soul of that squad. With him in Boston, it'll be interesting to see how the Raptors handle adversity.

No. 8

**Bulls**  
(3-1)



The Bulls have the talent — they always have. But the question is whether or not they can stay healthy this season. Between Derrick Rose, Joakim Noah, and Pau Gasol, that won't be an easy thing to do. New head coach Fred Hoiberg is going to need a lot out of Jimmy Butler.

No. 25

**Knicks**  
(3-2)



I just don't see it ending well at all for Carmelo Anthony and the Knicks. We're still early in the season, but when the Knicks struggle, expect plenty of drama. Kristaps Porzingis will be a good player in this league, but it's going to take some time.

No. 2

**Spurs**  
(2-1)



Spurs are gonna Spur. It doesn't matter what their regular-season record is. If they're healthy going into the playoffs, they're the most dangerous team. Adding LaMarcus Aldridge and David West to a proven lineup makes this the team to beat alongside Golden State.

No. 3

**Cavaliers**  
(2-1)



As long as LeBron James is healthy for the Cavaliers, this team is going to be in it until the end. It's that simple. That's why Kevin Love chose to re-sign, right? They have an easy week, facing the 76ers twice and the Knicks once.

No. 5

**Thunder**  
(3-0)



So much focus has been on whether or not Kevin Durant will leave Oklahoma City at the end of the season. Hopefully that doesn't take away from what looks to be a good season for Russell Westbrook and the (finally healthy) Thunder.

No. 7

**Grizzlies**  
(2-1)



A 30-point blowout loss at home against the Cavaliers is no way to start the season, and extremely uncharacteristic of a team that's been a tough matchup over the last few seasons. They're in the midst of a long road trip against West Coast teams.

No. 9

**Wizards**  
(2-1)



Kevin Durant or not, the Wizards are set up for a nice future behind the guard play of John Wall and Bradley Beal. That said, there's no excuse to lose to the Knicks at home. It gets a lot harder with the Spurs coming into town next.

No. 28

**Nets**  
(0-3)



When the Nets gave 26 draft picks to the Celtics for Kevin Garnett and Paul Pierce, most people thought the Celtics made out like bandits. Seeing as the C's own this year's Nets first-round pick, it's very obvious they did.





Anders Lee looks to collect the puck against Buffalo. GETTY IMAGES

## Isles lack consistent play early in season

The Isles are 6-3-3 but there's plenty of room for improvement.

DENIS GORMAN  
@DenisGorman  
sports@metro.us

Anger emanated from every Islander precinct. Starting with the one tasked with overseeing the deployment of on-ice personnel.

"Some of the young guys were just very disappointing. They have to step their game up," coach Jack Capuano said, a few minutes after his Islanders had dropped a soporific 2-1 decision to the Buffalo Sabres on Sunday night at Barclays Center. The loss was the third in a row for the

Islanders, who play twice this week; Tuesday at home against the New Jersey Devils and Thursday against the Montreal Canadiens at Bell Centre.

The Islanders have to figure out a way to right their ship. Against the Sabres, Capuano was troubled by a lack of focus from his team.

"Some guys were just too casual," Capuano said. "Sunday game, casual. And you're not going to win too many games like that."

It is an unassailable fact. So, too, is the actuality that the Islanders were unable to sustain time in the offensive zone against a team that entered the game having allowed nine more goals than it had scored. Yes, the Islanders did not

have the services of franchise cornerstone John Tavares, who missed his second-straight game with flu-like symptoms. The two-time Hart Trophy finalist had 11 points (five goals, six assists) in the first 10 games of the season. Without having his top-line center, Capuano was forced to reimagine the first two lines. Frans Nielsen centered Josh Bailey and Kyle Okposo on the first line, while Steve Bernier was inserted into the lineup and skated on the right side with Nikolay Kulemin and Mikhail Grabovski.

"John's one of the best players in the world, certainly, so you're going to miss him," Travis Hamonic said.

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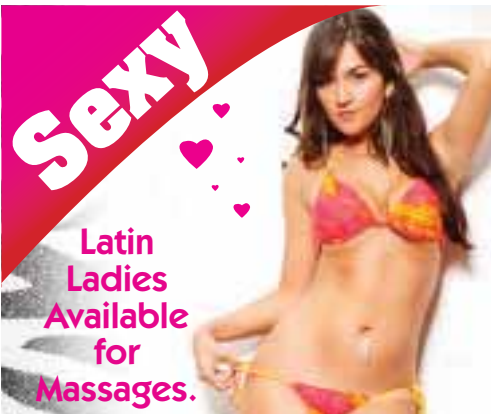
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